

**Control your on-the-job eating by:**

- bringing healthy snacks to work,
- eating at least every 4-6 hours to avoid becoming too hungry,
- staying well-hydrated with water, teas, decaffeinated beverages, skim milk, 100% juice, etc.,
- selecting healthy foods when planning or attending work functions with food.

**Food venues**

Select all of the venues where you eat at work. Put a ★ by the item that you plan to take action on in the next month.

\_\_\_ Desktop

\_\_\_ Break Room or Gathering Place

\_\_\_ Meeting Rooms

\_\_\_ Vending Machine

\_\_\_ Food Carts

\_\_\_ Cafeterias, Take-Out Food, Restaurants

\_\_\_ Other \_\_\_\_\_

**Desktop Dining**

- Make sure that you're the only one nibbling ... keep dry goods in well-sealed containers.

- Keep perishables safe. Label refrigerated foods and heat leftovers thoroughly.
- Practice portion control. Use snack-size baggies, small paper cups or measuring scoops for dry snacks.
- Avoid mindless nibbling.

**Break Time**

- Breaks are important, but food may not be.
- Bring your own food, eat half your usual portion, save it for later if you're not really hungry, or go for a walk.

**Meetings**

- Eat before you go, bring some or all of your own food, or control your portions.

**Vending Machines**

- Pretzels, trail mix, 100% juice, cereal-type bars are among the best choices.
- Try to avoid walking past the machine!

**Dining Out and Take-out**

- Ask for nutritional information to help in making the best selections.
- Control portions or split an entrée with a coworker.

## Working Pantry

**Cold storage** (refrigerator, freezer or cooler)

<input type="checkbox"/> Fruit: fresh & frozen (grapes or blueberries)	<input type="checkbox"/> Hummus or bean dip
<input type="checkbox"/> Vegetables: fresh & frozen	<input type="checkbox"/> Sandwiches or wraps
<input type="checkbox"/> Juice, bottled water, skim milk	<input type="checkbox"/> Frozen yogurt or juice bars
<input type="checkbox"/> Yogurt, lowfat	<input type="checkbox"/> Frozen healthy convenience food
<input type="checkbox"/> Cheese: string or lowfat	<input type="checkbox"/> "Planned-overs"
<input type="checkbox"/> Whole wheat tortillas	<input type="checkbox"/> _____
<input type="checkbox"/> Sliced turkey breast	<input type="checkbox"/> _____

**Dry storage** (in sealed containers)

<input type="checkbox"/> Fruit: dry and canned	<input type="checkbox"/> Cookies: fig bars, ginger snaps
<input type="checkbox"/> Pudding	<input type="checkbox"/> Nuts, trail mix
<input type="checkbox"/> Cereal: dry and instant	<input type="checkbox"/> Soup, canned or instant
<input type="checkbox"/> Crackers: whole grain bread sticks, graham, rice	<input type="checkbox"/> Tuna, water-pack
<input type="checkbox"/> Pretzels, Baked chips	<input type="checkbox"/> _____
<input type="checkbox"/> Popcorn, lowfat	<input type="checkbox"/> _____
<input type="checkbox"/> Peanut butter	<input type="checkbox"/> _____

## Snacks that Work at Work



## Snacking ideas for the Food to Work By program